

U9 & U10 OBJECTIVES & GOALS

SCRIMMAGE:	U9- Efficiently occupy the spaces on the field.
	U10- Efficiently occupy space in relation to the ball and to teammates
TACTICAL:	U9-Creating space to receive the ball and keep possession
	U10- Creating space and applying basic principles
TECHNICAL:	U9-Improve individual and collective basic soccer techniques
	U10-Accuracy in individual soccer techniques
PHYSICAL:	U9-Develop speed, coordination and balance with and without the ball
	U10- Develop speed, agility, coordination and balance
PSYCHOSOCIAL:	U9-Positive interaction with teammates during the game
	U10- Interact positively and feel confident within the group

BY THE END OF THE SEASON THE PLAYER MUST BE CAPABLE OF:

U9 PLAYERS
1. Basic skills in 1v1 situations.
2. Balance in relation to the ball (forward, backwards and side to side)
3. Basic coordinated movements with and without the ball
U10 PLAYERS
1. Being efficient in 1v1 situations
2. Application of basic attacking principles
3. Coordinated movements at speed